

Human-Centered Cyber Resilience

Harmonising Cyber Security, Safety, and Wellbeing in an AI World

CYBERCOGNIZANZ

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CYBER COMPASS CONSULTING

Why Technology Alone Cannot Solve Cyber Risk

Cyber resilience is an organisation's ability to maintain core operations and protect its reputation despite inevitable digital threats. While technical infrastructure is vital, the ultimate success of any risk mitigation strategy rests on the decisions made by your workforce. True cyber resilience emerges when **cybersecurity**, **human behaviour**, and **digital wellbeing** are addressed together. The question is no longer whether human-centered cyber resilience matters — *but whether organisations can afford not to invest in it.*

Converting Human Risk into Organisational Strength

Our integrated approach aligns **technology**, **people**, and **culture** to strengthen organisational security. By engaging people and embedding safer habits into everyday decisions, our programmes build long-term cyber resilience in an increasingly complex AI landscape. Our programmes build on CyberCognizanz's human-centred risk approach combining behavioural cyber risk expertise with Cyber Compass Consulting's enterprise cybersecurity consulting experience.

THE SCALE OF THE PROBLEM

The AI Revolution



- **Generative AI** has created unprecedented threats for families schools, and organisations.
- AI-powered deepfakes, phishing, scams, and data leakage are key threats.

Workplaces & Organisations



- **Cyber incidents** are the #1 global business risk since 2020.
- Global **cybercrime damages** were predicted to reach \$10.8 trillion annually by 2026.
- Roughly 70-80% of cyber incidents originate from **human behaviour**.

Children & Young People



- 46% of young people have **problematic device use**, linked to depression, anxiety, and insomnia.
- Yet most parents and teachers lack the tools, language, and confidence to help.

Always-On Digital Life



- **Technostress** from constant digital connectivity is rising sharply.
- Organisations that ignore this pay for it in disengagement, burnout, and poor decisions.

Powered by CyberCognizanz's Human Risk Approach.
Delivered in Partnership with Cyber Compass Consulting.



Cyber Compass Consulting and CyberCognizanz are independent specialist practices working in strategic partnership.



WHO WE ARE

Expert Partners.
Proven Results.
Real-World Experience.

**Singapore
Based**
GLOBAL REACH



DR. ANURADHA (ANU) RAO

Founder, CyberCognizanz
SUSS Associate Faculty

Dr. Rao is a leading advocates for human-centred cybersecurity, combining cybersecurity expertise with cyber psychology and behavioural science. Her research-based, people-focused Human Risk Framework is designed to reduce human cyber risk and drive lasting behavioural change beyond compliance.

LinkedIn: [Dr Anu Rao](#)



JEMMA RENSHAW

Founder, Cyber Compass Consulting
Ex-Deloitte

With 10+ years in cybersecurity consulting at Deloitte and a background in psychology, Jemma bridges the gap between technical security and human behaviour change. She led Australia's first Cybersecurity Apprenticeship program and has trained 500+ professionals across EMEA.

LinkedIn: [Jemma Renshaw](#)

Contact Us

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SERVICES

SPEAKING | Make It Personal

- Executive keynotes
- Panel discussions and fireside chats
- Employee awareness sessions

TRAINING | Build Lasting Habits

- Interactive workshops
- Grounded in behavioural science and cyber psychology
- Practical, scenario-based learning

CONSULTING | Protect What Matters

- Cyber culture strategy and maturity assessments
- Tailored frameworks and bespoke programme design
- Advisory and implementation support

TOPICS

Cyber Parenting: Raising Digitally Resilient Families in an AI World.

- Cyber Parenting: Foundations for safer families.
- Protecting Children from Online Harm: Bullying, exploitation, and digital abuse.
- Building healthy digital habits for children and families.

Create a Cyber Resilient Organisation: Integrating Culture, Leadership, & Workforce Transformation.

- Living Securely in a Digital Age: Defending against scams, phishing, and social engineering.
- Protecting Personal and Organisational Reputation: Navigating deepfakes and disinformation.
- Promote Cyber Wellbeing: Managing techno stress at work.
- Preventing Online Harassment: Building a digitally safe workplace.

AN INTEGRATED PROGRAMME

Evidence-Based Strategy

Tactics that move your team from "knowing" to "doing".



Diagnostic Precision

We diagnose before we prescribe.



Holistic Wellness

We engage multiple stakeholders to address the "Always-On" culture.



Quantifiable Results

Every intervention comes with impact reporting and ROI.



From Awareness to Action.

From Compliance to Culture.

CONTACT US

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